

Saleh M. Hallak

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Objective: To secure a challenging and rewarding position that offers a career with growth and advancement.

Education: San Diego Community College District Culinary Arts Program-2014

Adelanto Adult Education- 2003

Strive Training Program – 2011

Summary of Qualifications

- Hospitality trainee/Culinary Arts Training
- Excellent communication skills
- Exceptional customer service skills, attention to detail, and organizational skills
- Skills in Microsoft Word, Microsoft PowerPoint, and Microsoft Outlook

Work Experience

Cook

December 2012-

Present

San Diego American Addiction Center, San Diego CA

- Lead cook duties including overseeing all menus, executing schedules, inventory of all food products, and monitoring refrigerator temperatures
- Preparing meals for clients with specific dietary restrictions
- Daily overseeing of over 40 clients
- Ensuring all meals have nutritional value
- Making sure all sanitation expectation have been meet

Cook

Motor City Deli and Restaurant, San Diego CA

August 2005- June 2010

- Set up and catered major events throughout the day
- Cooked and prepared a variety of foods such as meat, poultry, and vegetables
- Portioned food products prior to cooking
- Used standard recipe cards for preparing all products
- Performed other related duties assigned by the chef

Volunteer Experience

Cornerstone Church/Turning Hearts Center

- Set up and catered events
- Assisted congregation with food bank

Feeding America

Prep Cooks Test

Multiple Choice (1 point each)

1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

Prep Cooks Test

- 10) Which of the following can you use to put out a grease fire?
a. Baking Soda
b. Baking Powder
c. Flour
d. Water
- 11) What is the temperature range of the danger zone?
a. 25-135
b. 40-140
c. 50-160
d. 30-130
- 12) Which of the following is listed from smallest to largest?
a. Dice, chop, mince
b. Mince, chop, dice
c. Chop, dice, mince
d. Mince, dice, chop
- 13) Which direction should pan handles be turned while cooking on the stove?
a. Over the fire at all times
b. Turned towards you for better control
c. Turned towards the right or left at all times
d. Over the countertop at all times
- 14) When you poach something, you cook it with what?
a. Noodles
b. Vegetables
c. Liquid
d. Oil
- 15) Which spoon is used to remove fat from soups and stews
a. Basting Spoon
b. Ladle
c. Slotted Spoon
d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
a. Season
b. Sauté
c. Broil
d. Boil
e. Fry
- 17) What is a Julien cut?
a. Food cut into long thin strips, matchstick
b. Food cut into long thin strips then turned and cut into a 1/8" dice
c. Food diced into finely chopped and uniform pieces
d. Cutting and peeling into oblong seven sided football like shapes
- 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
a. Sweat
b. Boil
c. Roast
d. Grill

Fill-in the Blank (1 point each)

Prep Cooks Test

- 19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.
- 20) Yes: to cut into very small pieces when uniformity of size and shape is not important.